

Greene's Class

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7th grade—sideline soccer 8th grade—mini games	2 7th- mini games 8th mini games	3
4	5 7th—soccer tournament 8th—intro to speedball	6 7th-soccer tournament 8th—speedball games	7 7th—soccer tournament 8th speedball games	8 All- FitnessGram push up test	9 All- flexibility test/ height/weight cardio	10
11	12 ALL- Pacer Test	13 7th—soccer games 8th speedball games	14 Fitness walk	15 NO SCHOOL	16 NO SCHOOL	17
18	19 GYM 4 7—Stretch Tubing 8—Body Bars	20 7—Fitness Circuit 8—Step Aerobics	21 7- Body Bars 8—Body Bars	22 7- Climbing Wall 8—Climbing Wall	23 7- Climbing Wall 8—Climbing Wall	24
25	26 7- Body Bars 8—Bowling	27 7—Fitness Circuit 8—GYM 4 Bowling worksheet	28 7- Climbing Wall 8—Bowling	29 7- Body Bars 8—Bowling	30 7—Climbing Wall 8—Bowling	31